



MASTER COURSE OUTLINE

Prepared By: Michael De Hoog

Date: August 5, 2020

COURSE TITLE

Weight Training

GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 133

(Formerly:)

CIP Code: 13.0502

Intent Code: 11

Program Code:

Credits: 1

Total Contact Hrs Per Qtr.: 22

Lecture Hrs: 0

Lab Hrs: 22

Other Hrs: 0

Distribution Designation: PEH Activity Credit AC

COURSE DESCRIPTION (as it will appear in the catalog)

Weight training is designed to enhance the student's knowledge and practices regarding the basic techniques of weight training using weight machines and free weights. May be repeated for up to three (3) credits.

PREREQUISITES

None

TEXTBOOK GUIDELINES

Determined by instructor

COURSE LEARNING OUTCOMES

Upon successful completion of the course, students should be able to demonstrate the following knowledge or skills:

1. Explain and demonstrate proper lifting techniques of all universal and free weight systems.
2. Describe all safety rules relating to lifting.
3. Demonstrate the muscles involved and their functions for each lift.
4. Describe the different universal and free weight training programs.

INSTITUTIONAL OUTCOMES

IO3 Human Relations/Workplace Skills: Students will be able to demonstrate teamwork, ethics, appropriate safety awareness and/or workplace specific skills.

COURSE CONTENT OUTLINE

1. Introduction to equipment
2. Principles of a weight lifting program
3. Physiology of muscle gain
4. Pre and post testing

DEPARTMENTAL GUIDELINES (optional)

Reinforces the National Association of Sport and Physical Education (NASPE standards)

1. Participates regularly in physical activity.
2. Achieves and maintains a health-enhancing level of physical fitness.
3. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

DIVISION CHAIR APPROVAL

DATE